

the mystery of attaining peace

1. If one feels that whatever sees/experiences is fine, then whatever he sees/experiences will not disturb the peace of mind.
2. If one feels that there is nothing specific to see then whatever one sees is OK.
3. When there is a Specific thing to see, one is very Particular about it, then if it is not like what one has expected it to be,(behaviour, dress code, opinion, comment ,talk etc),it creates Peacelessness & misery. Actually that particular thing is not the cause, but our way of thinking is the cause for our Misery.
4. True JNANI-Master of Realisation. sees you as GOD, so he sees HIM everywhere, so he has everything, he is in ANANDA-BLISS, he is in TRUE Peace . Where is the need to seek anything else, and he is in Total peace.
5. In Silent peacefulness all FEAR disappears.
6. As we Place less value on the passing NOTIONS in our Mind, they Lose their capacity to Dominate us, then we can be really peaceful.
7. Identification with the content of the Consciousness (THOUGHT), creates peacelessness, identification with the consciousness itself brings Peace.
8. Pain and suffering arise from the EGO, the Limited individuality, it is the source of all Suffering.
9. True happiness comes to the person who is Passionless, Sinless, whose mind is Still, Quiet, Calm and peaceful.
10. MEDITATIONS for attaining PEACE

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| (a) Vedanta | (i) BRAHMAAKAARA VRITTI - Thought of the supreme consciousness in mind,
(ii) OBJECTLESSNESS of Mind, OBJECTLESS AWARENESS. |
| (b) Yoga | (i) becoming Totally SINGLE POINTED in the Pursuit of the GOAL, becoming the GOAL itself.
(ii) Eradication of all the thoughts in the MIND, THOUGHTLESS AWARENESS. |
| (c) Sankhya | (i) having no ATTACHMENTS in the World, NON-ATTACHMENT. |
| (d) Karma Kanda | (i) Offering AHUTIS-OBLATIONS in the sacred fire, by focussing the Mind totally on GOD,
(ii) Offering Puja, Vrata to GOD. |
| (e) Bhakti | (i) Thinking of the Name, Form, Qualities, Deeds, Teachings, Glory of BHAGAWAN.- GOD. |
| (f) Karma Yoga | (i) Give up the Attachment to the Results of the Actions.
(ii) Renounce the Craving for the results,(iii) Do the Work as an offering to the BHAGAWAN-GOD. |

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